

Child Care Health Consultation Health Promotion Lesson Plan

Contractor (LPHA) Name: Polk County Health Center

Date Submitted: 4/9/19

Health and Safety Standards	Training Levels
<input type="checkbox"/> Promoting Risk Management Practices <input type="checkbox"/> Protecting Children and Youth <input type="checkbox"/> Promoting Physical Health <input checked="" type="checkbox"/> Promoting Mental Health <input type="checkbox"/> Promoting Healthy Eating	<div style="text-align: center;"> <input checked="" type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 </div> <p>Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011</p>

Title: Positive Behavior

Learning Objective(s): Participants will

1. define positive behavior;
2. be able to differentiate between positive (desirable) behavior and negative (undesirable) behavior.

Topical Outline of Content (Not to exceed 30 minutes for Health Promotions)	Resources Used																
<p>I. Introduction of presenter and topic (~2 minutes)</p> <p>II. Define Positive: Good, Nice, Kind Define Behavior: What we do, How we act (~5 minutes)</p> <p>III. Discuss why positive behavior is desirable. (~5 minutes)</p> <p>IV. Read "It's Mine" book. (~5 minutes)</p> <p>V. Group participation: "Show me a good choice" Activity Children use a hand held object depicting a happy face on one side and a sad face on the other to respond to pictures of the following: (~10 minutes)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tbody> <tr> <td style="width: 50%;">Sharing a toy</td> <td style="width: 50%;">Throwing a fit</td> </tr> <tr> <td>Asking before giving a hug</td> <td>Talking when I'm supposed to listen</td> </tr> <tr> <td>Smiling at a new student</td> <td>Hitting</td> </tr> <tr> <td>Taking turns</td> <td>Keeping your hands to yourself</td> </tr> <tr> <td>Taking a toy away from another child</td> <td>Yelling at someone</td> </tr> <tr> <td>Being friendly</td> <td>Making fun of someone</td> </tr> <tr> <td>Making a mess and NOT cleaning it up</td> <td>Helping someone who is upset</td> </tr> <tr> <td>Telling a lie</td> <td>Listening to my teacher</td> </tr> </tbody> </table> <p>VI. <u>Magnets Demonstration</u> (optional/if time allows): Show how the "positive" magnets attract each other and the "negative" magnets repel each other. Correlate to behavior, others want to be around a person with positive behavior. (~3 minutes)</p>	Sharing a toy	Throwing a fit	Asking before giving a hug	Talking when I'm supposed to listen	Smiling at a new student	Hitting	Taking turns	Keeping your hands to yourself	Taking a toy away from another child	Yelling at someone	Being friendly	Making fun of someone	Making a mess and NOT cleaning it up	Helping someone who is upset	Telling a lie	Listening to my teacher	<p>It's Mine book by Gina and Mercer Mayer</p> <p>Colored pictures depicting the stated scenarios.</p> <p>Magnets</p>
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Method(s) of Outcome Evaluation: Group Participation

Children's Health Promotions are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for children's health promotions should use this template and submit to the CCHC Program Manager for approval. Health Promotion Lesson Plans already approved by the CCHC Program Manager are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.